

Press Release



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FOR IMMEDIATE RELEASE

Texen Oil and Gas Names Michael Sims as President and CEO

Houston, TEXAS July 21, 2004 - Texen Oil and Gas, Inc. (OTC BB: TXEO), a Standard and Poors listed company, is please to announce that it has named Mr. Michael Sims as President and CEO. Mr. Sims has been involved with Texen Oil and Gas in various capacities since its inception and most recently as Vice President. "Mr. Sims vision since the beginning has been paramount to the positioning of the company. He is the best candidate to assist the company in developing its properties and growing its assets in today's oil and gas marketplace," states Tatiana Golovina.

Mr. Sims was instrumental in the initial sourcing of the company's assets and negotiating leasehold agreements. Mr. Sims has been involved in a diverse range of business opportunities in the oil and gas sector over the last thirty years. His experience includes oil and gas drilling, exploration, production, manufacturing and transportation. Mr. Sims has assisted companies in attracting capital in both the private and public sectors. "I am excited to be at the helm of Texen Oil and Gas and look forward to developing the company and its shareholders to take advantage of today's marketplace," states Mr. Sims.

Mr. Sims will replace Tatiana Golovina who will resign from the position, but remains the largest individual shareholder of the company. Ms. Golovina further stated, "As the largest individual shareholder of the company I will continue to be involved with the company's activities and assist in growing the company any way I can."

About Texen Oil and Gas, Inc.

Texen Oil and Gas, Inc. is a Houston based oil and gas exploration and development (E&D) company. The company leases approximately 6,000 acres of crude oil and natural gas producing properties in Victoria, DeWitt and Waller Counties, Texas. Texen Oil and Gas is focused on acquiring, developing and producing proven, developed and underdeveloped reserves, which offer long-term value for the company. We trade under the stock symbol: TXEO the OTC bulletin board. For additional information, please visit our web site at: www.texenoilandgas.com.

Forward-Looking Statements: This document contains forward-looking statements within the meaning of Section 27A of the Securities Act of 1933 and Section 21E of the Securities Exchange Act of 1934. All forward-looking statements are inherently uncertain as they are based on current expectations and assumptions concerning future events or future performance of the Company. Readers are cautioned not to place undue reliance on these forward-looking statements, which are only predictions and speak only as of the date hereof. In evaluating such statements, prospective investors should review carefully various risks and uncertainties identified in this release and matters set in the Company's SEC filings. These risks and uncertainties could cause the Company's actual results to differ materially from those indicated in the forward-looking statements.

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